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PUTIN RETURNS

THE RUSSIAN LEADER IS BACK FOR HIS THIRD TERM AS PRESIDENT, BUT NOT EVERYONE IS HAPPY ABOUT IT

PAGE 8

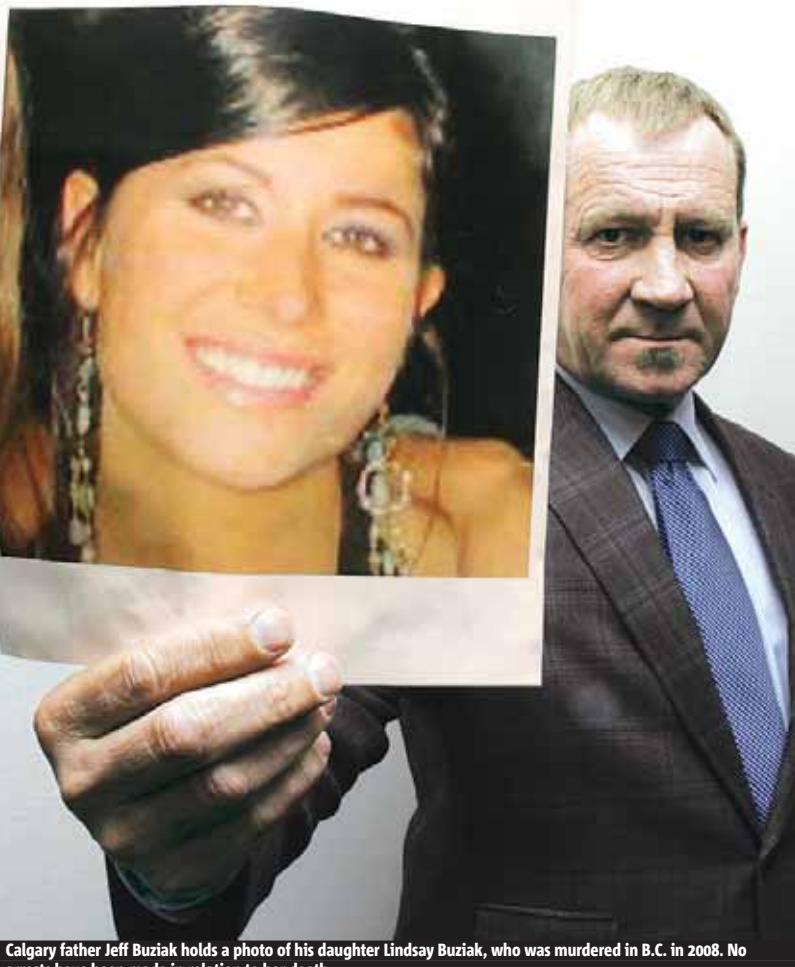


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Tuesday, May 8, 2012



Father offers reward for info on daughter's murder

Manhunt. Calgarian's life goal is to find those responsible for 2008 killing in B.C.



JEREMY
NOLAIS

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Every night, Calgarian Jeff Buziak sets his phone on the endtable next to his bed, just waiting for one call that would help ease more than four years of suffering.

His daughter, 24-year-old real-estate agent Lindsay Buziak, was stabbed to death in Saanich, B.C., by someone police believe was

impersonating a potential buyer.

That was in 2008.

Now, the Calgary resident is publicly offering up a reward of up to \$500,000 for anyone with information that leads to a conviction.

Buziak and a team of dedicated volunteers, some of which did not even know Lindsay but were disturbed by the nature of her killing, spend hours every week chasing leads in the case.

"I have made a commitment to do everything I can within the law, and maybe teetering on the fine edge of that.... Someone killed my daughter," he said. "They broke the law, not only the law of the country but the

human code."

Saanich police did investigate a potential lead connected to Calgary after it became apparent that Lindsay had met with an individual later arrested in connection with Alberta's largest cocaine bust. However, Sgt. Dean Jantzen said Monday the case is complicated and offered little insight on whether his officers are close to an arrest.

The investigation "has been hampered by the fact that we believe people have information they're not sharing with us," Jantzen added.

Follow Jeremy Nolaus on Twitter @Metro_Jeremy



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Autopsy results

Toddler's death may remain a mystery for months: Police

While an autopsy is underway, police say the manner of death of a 21-month-old girl who was injured at a Calgary day home last week remains undetermined.

On Sunday, the young girl's parents identified her as Mackenzy Woolfsmith. They said the decision was made to donate her organs so other children could have a chance at life.

Police say it could take months for some of the test results of the autopsy to return, as is often the case with the deaths of children.

There are no further details at this time, according to police.

METRO

Rocky Ridge LRT

Eamon's building to be moved, but not demolished

The fate of the historic Eamon's building has been sealed — sort of.

After much debate, council approved removal of the building from land designated for a Park and Ride for the Rocky Ridge LRT expansion, but what will happen to it after that is unknown.

Council favoured saving the building from demolition, but several were opposed to the cost of refurbishing it, or leaving it in its original location, which added significantly to the city's price tag.

The land the building sits on has yet to be acquired by the city, but that's expected by the end of May.

TESSA CLAYTON/METRO



Alberta traffic sheriffs Supt. James Stiles, left, and RCMP chief Supt. Rick Taylor speak to media about a recent crackdown on Highway 63 outside RCMP K Division Headquarters in Edmonton on Monday. HEATHER MCINTYRE/METRO

RCMP crackdown on deadly Highway 63

High speeds. Speeding an issue not only on Highway 63, but other stretches of Alberta roads, say police

"They're not slowing down and they're committing other traffic infractions."

Between last Thursday and Sunday, officers patrolled Highway 63 between Redwater and Fort McMurray for 600 hours — about 150 hours more than on a typical weekend.

"What's particularly disturbing for us is that we continue to send officers up there, and they continue to find people exhibiting poor driving behaviours," said Stiles.

The charges handed out were double what officers normally issue and included 552 speeding violations, four alcohol-related violations, and 95 hazardous violations including dangerous driving.

The crackdown came

after seven people were killed April 27 on the route, where dozens have died over the past few years.

"There's no doubt that's why we're here today," said Stiles. "But this is not just Highway 63 behaviour."

It's an ongoing effort along Highway 63 and elsewhere in the province, said RCMP Chief Supt. Rick Taylor.

"What happened on Highway 63 is a terrible tragedy," he said. "(But) at the end of the day ... this is about driver behaviour and decisions drivers are making when they are out on our highways."

Follow Heather McIntyre on Twitter @MacsTheWord

Highway history

- **Plans.** The province committed to twinning the 240-kilometre highway in 2006, and current plans show about 50 per cent of it will be complete within the next three years.
- **Protest.** Hundreds of people rallied in Fort McMurray on Saturday to demand the province speed up the twinning.
- **Options.** Government officials said Monday that Alberta Transportation is reviewing options to accelerate the twinning.

1

NEWS

On the web

Argentine ad draws ire of Olympic committee

Argentine state-run television continues to broadcast an ad denounced by the International Olympic Committee, which says the spot links the London Games to a long-running dispute with Britain over the Falkland Islands. The IOC warned that the Olympics should not be used "to raise political issues." Watch at metronews.ca

Mobile news



After the January crash of the Italian cruise ship Costa Concordia that killed 32 people, the company is putting in place new safety rules, including limiting captains' powers. Scan the code for the story.

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Transportation

West LRT line to begin testing

Testing of the west LRT line will begin next month, according to city officials. This will take the contractor about three months, after which the city will take over operations. The line is set to open spring 2013. METRO

Recently released

Police warn about high-risk offender

A high-risk offender has been released and is in the Calgary area. Police are warning the public after Franklin Noskey, 49, was released Monday after serving nearly 13 years for sexual assault, sexual assault with a weapon and



Franklin Noskey, 49, has been released. COURTESY CALGARY POLICE SERVICE

forcible confinement. METRO

Construction mishap

No injuries as gas line breaks in N.W.

The Calgary Fire Department was called out Monday morning for a ruptured gas line on Sage Valley Drive Northwest.

ATCO Gas arrived and fixed the break caused by construction crews. No one was injured. METRO

World News series

BBC to broadcast live from Calgary

Canada will be the focus of a new series from BBC World News this month. As part of a series called Canada Direct, BBC will be broadcasting live from Calgary on May 14, beginning at 9 p.m. METRO

Strangled daughter

Cancer forces trial delay: Report

Illness has forced the delay of a Calgary woman's trial in the strangulation death of her daughter. Aset Magomadova has cervical cancer, according to reports. The woman has said she strangled 14-year-old Ami-net in self-defence. METRO

Massage-parlour bylaw changes painful to some

New classification system. Separating therapy from body rub

 **JEREMY NOLAIS**
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City administrators have uncovered a means to differentiate between massage parlours in hopes of cracking down on bawdy houses, but a proposal coming this week is rubbing some the wrong way.

A committee will discuss this week a new classification system for the parlours that would see those in good standing with one of four recognized massage associations classified as "massage practitioners" and those that are not labelled "body rub practitioners."

The latter category, which makes up just 15 per cent of Calgary's known massage-therapist market, would be subject to enhanced licensing requirements, including a prohibition on operating out of a home and an annual police background check.

"It holds them to a higher level of scrutiny," offered Ald. Gian-Carlo Carra, who is supportive of the move.

He and three fellow aldermen brought forward a motion to make the distinction in November, citing concerns from a number of communities that bawdy houses were being operated discreetly in their neighbourhoods under the guise of being massage parlours.

But some industry representatives speaking to Metro said the changes pick on independent entrepreneurs and will do little good.

An escort-turned-massage-therapist who would only give her name as Jessie said her membership fees with the Natural Health Practitioners of Canada Association total about \$700 annually and she will likely be unable to afford a renewal next year.

She believes the proposed bylaw changes target small business and have the potential to automatically label operations like hers criminal.

"There is nothing similar with what I used to do and what I do now," she added.

Matching mature pets and owners makes for purr-fect companions

Doris Endre and her cat Red are seen at her home Monday. The two were matched up through the city's Seniors for Seniors project, which matches adults over the age of 60 with mature pets aged seven and up at a reduced cost.

CANDICE WARD/FOR METRO



UFC. Calgary's fight card confirmed: Aldo vs. Koch

Featherweight champion Jose Aldo will defend his 145-pound title against Erik Koch on July 21 at UFC 149 at Scotiabank Saddledome.

The UFC had previously announced both the show

and the fact Aldo would be featured in the main event. But Monday's release confirmed that Koch will be the opponent. For the full fight lineup, go to metronews.ca/calgary. METRO

Wildrose. Seeking new legislative powers

Alberta's new official opposition is seeking more office space and more time to ask questions and present ideas in the legislature.

Wildrose Leader Danielle Smith wants the number of

questions given her party during question period increased from nine to 12 each day and a block of time twice a month for her and the other opposition parties to propose legislation. THE CANADIAN PRESS

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Hundreds gathered at Olympic Plaza in March for the kickoff of the 100-day countdown until the 2012 Calgary Stampede. Organizers are giving away a once-in-a-century "White Hat Welcome" prize pack. METRO FILE

Calgarians to flip lids over hidden Stampede prize

Consolation. Those who don't win the prize pack will at least take home a white hat



KATIE TURNER

katie.turner@metronews.ca

Stampeding in style may be as easy as lifting a hat for one lucky winner with the "White Hat Welcome" taking place in three cities across Canada.

On Wednesday, 200 par-

ticipants each in Calgary, Toronto and Vancouver will be given the chance to choose a white hat and simultaneously lift their hats — one of which will contain a red envelope with a VIP prize package to the Calgary Stampede.

"We called it a once-in-a-century prize pack," said the Calgary Stampede's Jennifer Booth.

Included in the package are two tickets to a Garth Brooks concert, rodeo tickets, a VIP behind-the-scenes look at the chuckwagons, a \$250 gift card to Lammle's

Western Wear and Tack and well as passes to the Glenbow Museum, Calgary Tower, and the Calgary Zoo.

In Calgary, the 200 hats will be spread throughout Olympic Plaza on Wednesday.

The first 200 people to arrive will receive wristbands beginning at 11:30 a.m. and at 12:35 p.m., the participants will flip over their hats simultaneously.

Follow Katie Turner on Twitter @Metro_Katie



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Corporal's suicide. His mother alleges military tapes were doctored

A hearing into the suicide of a young soldier was thrown off course Monday by allegations that tapes of the military's interviews with his family were doctored.

Cpl. Stuart Langridge's mother told a Military Police Complaints Commission hearing that portions of her interviews with military investigators appear to be missing from audio recordings.

Sheila Fynes' allegations came as she was questioned over her dealings with the military and what she was told by them in the months after her son's death.

Lawyers suggested some of her interactions with them weren't reflected in transcripts of interviews, but she says the tapes appear to have been altered. The hearing into Langridge's death was called because of complaints by the Fynes family that the military's investigations were biased and focused on exonerating the Forces.

Hours after the young soldier took his own life, his cellphone was used to surf the Internet for 30 minutes, the

hearing heard.

It was one of several disturbing actions that occurred in the hours and days after Cpl. Stuart Langridge's suicide in 2008, his mother told the Military Police Complaints Commission.

"We don't make this stuff up as things go along," Sheila Fynes said.

It was her second day of testimony before the commission, which is examining the military's investigation into the suicide.

The 28-year-old corporal was a veteran of both Bosnia and Afghanistan and was struggling with drug and alcohol addiction when he died.

His family alleges that the military examinations of his death were biased and focused on exonerating the Forces.

Fynes told the hearing her family was stonewalled every time they tried to get information from defence officials.

That included getting a copy of her son's suicide note, which they were told was being withheld because it was part of the investigation.

THE CANADIAN PRESS

Rafferty's mother comes to his defence

Trial nears conclusion. Accused's mom claims outside court that her son is not guilty of killing eight-year-old Victoria Stafford

Terri-Lynne McClintic is like "Jekyll and Hyde," casting herself as an unwilling participant in her

lover's scheme to abduct a child, when in fact the bloodthirsty young woman sought out Victoria Stafford and savagely murdered her, Michael Rafferty's lawyer suggested Monday.

The kidnapping was not orchestrated by Rafferty, there is no objective evidence that Rafferty raped Tori as alleged, and he is not the one who wielded the hammer, Dirk Derstine suggested. For McClintic

to testify otherwise is "absurd," he said.

Rafferty was there when Tori died from blows to the head with a hammer, and he may have even come to realize at some point in the two and a half hours the little girl was being held against her will, Derstine told the jury in his closing arguments.

The rest, he scoffed, is a fiction invented by a troubled woman who "per-

jured herself over and over and over again."

McClintic, who has a proven history of violence and torture ideation, was the true engine behind Tori's death, Derstine said.

Michael Rafferty's mother was at the London, Ontario courthouse. She said her son is not guilty of killing Victoria.

The Crown makes their closing address Tuesday.

THE CANADIAN PRESS

Pharmacists can break mental illness taboo

Too often, mental health is still a taboo subject — seen as a sign of weakness rather than a treatable illness.

And those suffering with addictions, depression, bipolar disorder or schizophrenia, often suffer instead of seeking treatment.

"People are often hesitant to talk to family, employers — even their family doctor,"

said Murray Whitby, vice president of Medicine Shoppe Canada.

"Sometimes the pharmacist can be the right person — as drug therapies are often a part of mental health treatment, our front-line people have the background knowledge, and can provide a continuity of care."

"Or they can recognize

signs of mental illness and get the conversation started."

As part of the CMHA's Mental Health Week, May 7 to 13, Medicine Shoppe Canada announced on Monday an ongoing partnership with the CMHA as its cause of choice, working nationally and locally to support Canadians who are recovering from mental illness. LUCY HAINES/METRO

Mental-health strategy

New campaign

The Mental Health Commission of Canada is looking at the fight against cancer as an inspiration for their new campaign.

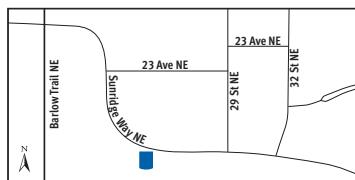


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Putin sworn in for third term, hundreds protest

Kremlin. At least 120 detained by riot police outside the Russian leader's inauguration ceremony

Vladimir Putin took the oath of office in a brief but regal Kremlin ceremony on Monday, while on the streets outside thousands of helmeted riot police prevented hundreds of demonstrators from protesting his return to the presidency.

Putin, 59, has ruled Russia since 2000, first as president and then during the past four years as prime minister. The new, now six-year term will keep him in power until 2018, with the option of running for a fourth term.

"I consider serving the fatherland and our people to be the meaning of my whole life and my duty," Putin said while addressing 3,000 guests in a Kremlin hall glittering with gold leaf.

Quoted

"I consider serving the fatherland and our people ... the meaning of my whole life"

Russian President Vladimir Putin

Despite unprecedented security measures in the centre of Moscow, where streets were closed to traffic and passengers prevented from exiting subway stations, at least 1,000 opposition activists tried to protest along the route Putin's motorcade took to the Kremlin. Police picked out anyone wearing the white ribbons that are the symbol of the anti-Putin protest movement.

The demonstrators, separated into several groups, were met by helmeted riot police. At least 120 were detained, including opposition leader Boris Nemtsov, who was grabbed while sitting at an outdoor cafe. In the evening, dozens of protesters gathered outside the presidential ad-



Police detain a protester during a rally in Russia. DMITRY LOVETSKY/THE ASSOCIATED PRESS

ministration building, and police detained them one by one, escorting them onto buses.

Putin's inauguration came a day after an opposition protest drew more than 20,000 people, fewer than the mass

demonstrations in the months that preceded his March election, but still a sign that the anger over Putin's heavy-handed return to the Kremlin has not faded.

THE ASSOCIATED PRESS

South Korea. Powdered baby-flesh capsules seized

Source

Chinese media identify northeastern China as the source of such products, especially Jilin province which abuts North Korea. The Jilin food and drug safety agency is responsible for investigating the trade of such remains. Calls to the agency and to the information office of Jilin's Communist Party were not answered.

harmful ingredients.

The smugglers told customs officials they believed the capsules were ordinary stamina boosters and did not know the ingredients or manufacturing process.

The customs office has discovered 35 smuggling attempts since August of about 17,450 capsules disguised as stamina boosters.

Some people believe them to be a panacea for disease, the customs service said in a statement. The capsules of human flesh, however, contained bacteria and other

THE ASSOCIATED PRESS

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Air Canada execs earn more as CEO earns less

Earnings. Despite airline's plummeting share price, top brass received first-class treatment in 2011

The compensation package for Air Canada's CEO fell 12 per cent last year, while the payouts of the airline's four other top executives soared even though continued losses drove its share price down more than 70 per cent.

Calin Rovinescu earned \$4 million in 2011, down from \$4.55 million a year earlier, but higher than the \$2.6 million during his first nine months on the job in 2009, according to a proxy circular.

Chief financial officer Michael Rousseau, chief operating officer Duncan Dee, chief commercial officer Benjamin Smith and senior vice-president of operations David Legge each saw their compensation increase by between 18 per cent to nearly 47 per cent.

Base salaries remained

mostly steady but each executive saw large gains in share and options-based awards while non-equity incentives fell.

Rousseau's compensation grew to \$1.68 million, Dee's was \$1.62 million, Smith made \$1.37 million and Legge's was up to \$1.15 million.

Rovinescu's compensation doesn't include the \$5-million retention bonus awarded in March, which will show up on next year's compensation.

However, 280,000 options granted to him over the past two years were cancelled at his request. The Montreal-based airline lost \$249 million or 92 cents per share last year despite a 7.7 per cent increase in revenues to \$11.6 billion.

Still, all the executives were rewarded for having increased revenues, mitigating fuel-expense increases, preserving liquidity, surpassing cost-cutting targets, achieving high load factors and achieving 90 per cent of the pre-tax operating earnings targets despite fuel and labour challenges.

THE CANADIAN PRESS

Market Minute



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	TSX	11,860.66 (-10.58)
	OIL	\$97.94 US (-55¢)
	GOLD	\$1,639.10 US (-\$6.10)

Natural gas: \$2.336 (+5.7¢)
Dow Jones: 13,008.53 (-29.74)



Buffett backs pipeline

Billionaire Warren Buffett, pictured above during an interview with the Fox Business Network in Omaha, Neb., on Monday, says he supports the Keystone XL pipeline that TransCanada wants to build to carry Canadian oil south across the Great Plains to connect to Gulf Coast refineries. The chairman and CEO of Berkshire Hathaway, meanwhile, is keeping secret the identity of the person likely to succeed him as CEO but he is narrowing the field — he says the top choice and two backups are men. NATI HARNIK/THE ASSOCIATED PRESS

Pepsi. Heirs of formula developer sue company

The heirs of the man who helped develop the formula for Pepsi are suing the soda company over their right to share with the public documents detailing their father's invention.

The daughter and son of Richard Ritchie say PepsiCo Inc. is interfering with their ability to market or sell the rights of their father's life story and documents detailing his 1931

soda formula. The suit seeks a declaration that their disclosure of the documents would be protected by First Amendment rights and wouldn't be considered a trade-secret violation. "The original formulas of iconic beverages and the lore that surrounds their genesis and provenance are of great interest to the public," the suit states. THE ASSOCIATED PRESS

United Arab Emirates

Bank of Montreal opening office in Abu Dhabi

Bank of Montreal said Monday it is setting up a representative office in the United Arab Emirates as part of an expansion plan.

The bank has been

operating in the region for nearly half a century, it said, and the move will expand its asset-management and investment-banking services to clients in the Middle East and North Africa.

The bank says the representative office in Abu Dhabi is an example of the growing ties between North America and the Middle East.

THE CANADIAN PRESS

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UNEXPECTED LIFE LESSONS FROM MOM



SHE SAYS...
Jessica Napier
metronews.ca/shesays

With another Hallmark holiday coming up this weekend, I wanted to mark the occasion without boring you with yet another Mother's Day gift guide. And since mom really does know best most of the time (except when it comes to using Facebook), I thought I'd share some of the pieces of wisdom my mother has given me over the years.

Don't be so concerned with what "everyone else" is doing. There is no "right way" to live — there is only your way. Being normal is extremely overrated, so don't allow other people's expectations and timelines dictate how you live your life.

Proper nutrition is important. In the summer months, drink plenty of sangria in order to increase your daily fruit intake.

Mom's the word

Over the course of her 50-something years, my mother has always practised regular relocation: jobs, houses, countries, etc. She constantly encourages me to visit new places, see new things and get a new perspective.

Location, location, location. This old real-estate adage can be applied to both house-hunting and life-living. Over the course of her 50-something years, my mother has always practised regular relocation: jobs, houses, countries, etc. She constantly encourages me to visit new places, see new things and get a new perspective.

Put your best foot forward. The bad footwear choices of your 20s will come back to haunt you later on in life.

Sadly, the threat of flat feet and an orthotics dependency haven't actually stopped me from investing in a closet full of unsupportive shoes. Sorry, mom.

Keep your home in bloom. Never depend on someone else to buy you flowers. You'll never regret treating yourself to a beautiful bouquet every once in a while.

One man's trash is a college student's entire living-room set. Before moving into my first student house, my mom insisted on trolling our neighbourhood to look for curbside couches and side tables. I was mortified as I watched her load up our minivan with hand-me-down furniture scavenged from other people's driveways, but you know what? It was an extremely cheap way to furnish a home for a bunch of jobless 20-year-olds. Who needs dignity when you have a free desk chair?

Players only love you when they're playing. Fleetwood Mac's entire discography is an appropriate soundtrack for almost any occasion, especially breakups.

You can't take it with you. My parents informed me long ago that any sort of inheritance is out of the question. Since you can't enjoy your money when you're in the ground, you might as well spend all of it before you go. Is this sound financial advice? Absolutely not. But nobody is going to remember you by the final balance in your bank account.



Moms (usually) know best. **TARA WALTON/TORSTAR NEWS SERVICE**

Hats off to a clean sweep



PHOTOS BY DAN KITWOOD/GETTY IMAGES

Chim Chim Cher-ee

Sooty set takes to the streets

A man dressed as a chimney sweep takes part in the annual Sweeps Festival on Monday in Rochester, England. The three-day festival dates back 400 years and was originally the one day in the year when chimney sweeps could afford time off to celebrate the coming of spring. This marks the festival's 32nd year since its reintroduction in 1981, with traditional activities including Morris dancers, who parade to Rochester Castle.

GETTY



Traditional chimney sweep Bryan Pearce, whose family has been sweeping chimneys for more than 300 years, poses for a photograph at the annual Sweeps Festival.

Dusting it off

- The traditional festival began to fade when the Climbing Boys' Act in 1868 made it illegal to hire young boys to sweep.
- A businessman and historian, Gordon Newton, revived the festival in 1981.
- Today, the festival is the largest May Day celebration of its kind in England, with dancing and performances by some of the biggest names in folk music.



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Does a mayor's behaviour affect the reputation of a city?



Twitter

@balcaen: Shout-out to whoever's wi-fi network in Kensington is called "Atari Teenage Riot". Nice. #yyz

@bibpatel: Watched a guy in a corvette honk at a mom and two kids riding their bike cause they were taking a bit to cross the street. #really #yyz

@EMRandles: Overheard someone saying what

a great time it was to live in Calgary. Couldn't agree more. #yyz #citylove

@Angelinhell84: For such a nice day, many grumpy-looking ppl on the train... #yyz #transit

@saramjp: Laying in the sun. Summer, I missed you #yyz #yayforsunshine

DVD reviews



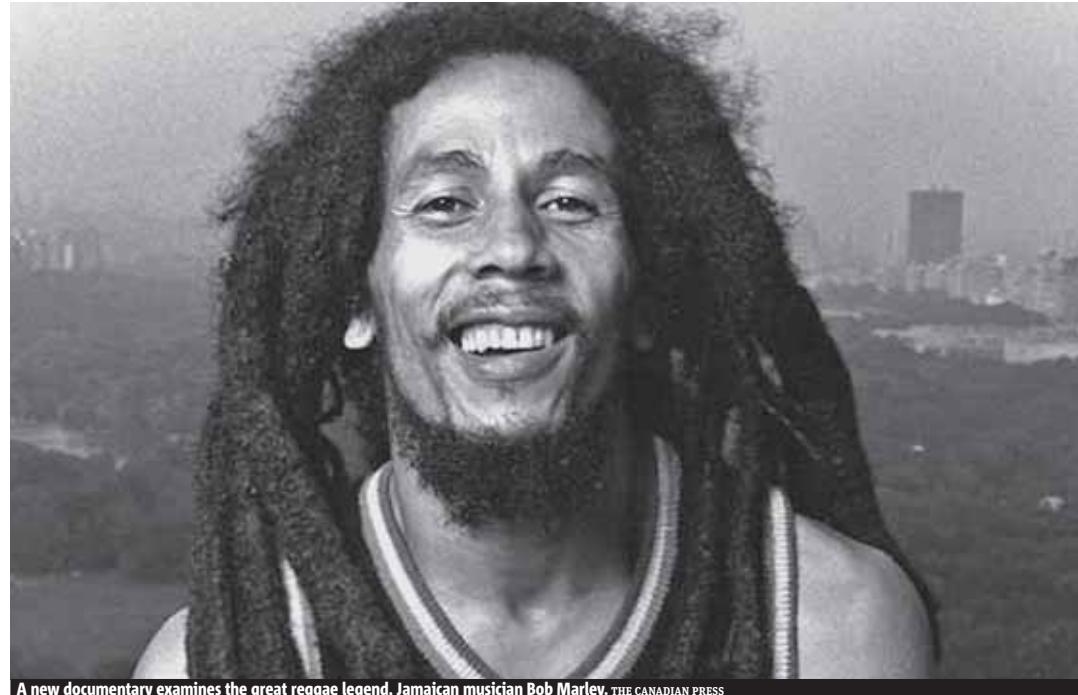
Underworld: Awakening

Directors. Mans Marlind,
Bjorn Stein

Stars. Kate Beckinsale,
Michael Ealy

As Underworld: Awakening opens, vampire avenger Selene (Kate Beckinsale, still wearing that glorious skin-tight catsuit) has been in cryogenic deep freeze for 12 years, while knuckle-headed humans slowly figured out that there's been an undead riot goin' on below the greasy mean streets of Underworld land. In this, the fourth chapter of an increasingly dull horror fantasy franchise that pits vampires against werewolves against humans, Selene is awakened from her chilly slumber. She learns humans have not only discerned the presence of vampires and Lycans (werewolves) in their midst, they've come close to eradicating them. The major task in this episode (directed by Sweden's Mans Marlind and Bjorn Stein) seems to have been to get out of the way of flying body parts as Selene sprays jumbo-sized Lycans with silver bullets, all the better to make their heads explode. It's time to hang up Kate's catsuit and drive a wooden stake into Underworld.

PETER HOWELL



A new documentary examines the great reggae legend, Jamaican musician Bob Marley. THE CANADIAN PRESS

Separating the man from the myth

Marley. New documentary about iconic singer aims to show what Bob Marley was like as a friend, father and lover

PAT HEALY
Metro World News in Boston

When award-winning director Kevin MacDonald (*Last King of Scotland*) turns his attention to a Bob Marley documentary, it's obviously going to go far beyond the "every little thing's gonna be all right" aspect of the late reggae legend.

"When I saw other things done on him in the past and read other books, I never felt like I knew him as a person," says the director.

"The aim is to see him as a man — what he was like as a lover, as a friend."

While he was alive, Bob Marley did very few on-camera interviews, so MacDonald had to unearth other sources, which included Marley's teacher, his half-sister and a childhood friend.

"The main challenge of the film was getting the people to talk," says MacDonald.

"About a third of them have never spoken [about Marley] before."

In the film, simply titled

Marley, MacDonald also provides an honest look at Marley's family life — he had at least 13 children from eight different women — and daughter Cedella speaks frankly about how the communal living situation at the singer's house deprived her of important time with her father.

"She felt that sense that he was always surrounded by the brethren," says MacDonald.

"It was a religious order, almost a military setup. He was called 'Skipper,' and he ran a very tight ship. He was strict with [his musicians] — he made them rehearse a lot. [Many people have an] image of Rastas that they lazed around smoking ganja all day, but in fact he

was this driven guy."

MacDonald says his own international experience helped reinforce his notion that it was time somebody re-examined the life of Bob Marley on film.

"When I was making *The Last King of Scotland*, I made that in Uganda and I was amazed by how in the slums of Uganda, you'd come across huge lots of Rastas singing Bob's music, playing Bob's music, doing murals of his face, graffiti of his lyrics. I was just realizing how Bob still speaks to people ... In Tibet, Indonesia — not just an audience of college stoners or Western people who chill out and love the vibe of it."

SCENE

Scene in brief

News network aimed at Latinos in the works

ABC News and Univision are teaming up to start an English-language news network aimed at Latinos. The networks said Monday that a website and mobile content will be available this year. A television network is expected next year. Univision News President Isaac Lee says the network, as yet unnamed, will not only inform Latino Americans but let viewers of all nationalities know what issues are important to people within that growing demographic. Disney and ABC Television Group chairwoman Anne Sweeney say the venture is an important step in broadening ABC's reach.

THE ASSOCIATED PRESS

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Author hooks readers on saucy 'lifestyle' porn

50 Shades of Grey.

Book is full of hot sex — and even better surroundings

KAREN
VON HAHN
scene@metronews.ca

Here's a dirty little secret: no matter how passionately engaged a woman might be, either in an actual intimate moment with her lover, or merely reading about one, she might be distracted by the drapes. Or that stain that would never come out of the carpet, or the bulb that's out in the chandelier.

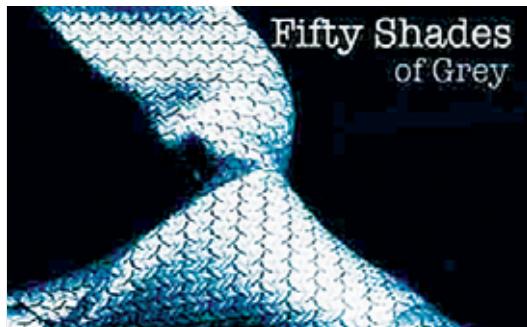
We girls can't help it — for us, atmosphere is a big part of the romantic equation (which, boys, is a big part of the magic behind hotel sex). This little insight into how much style matters to a female audience has propelled the momentous career of chick-flick auteur Nancy Meyers, whose films (*It's Complicated*, *What Women*

Want, *Something's Gotta Give*) are successful precisely because they shower almost as much attention on the decorative detail of the characters' beautifully appointed interiors as they do on the romantic narrative.

The latest phenomenon to test this principle is a book that was first published online only to become a major sensation. E.L. James's dirty little S&M saga *50 Shades of Grey* is so hot with its female audience that bookstores are sold out of copies.

And its first-time author, recently named one of the 100 Most Influential People by Time magazine, now has a seven-figure contract with Vintage Books as well as a film deal for the series with Universal Pictures and Focus Films. Clearly, James knows what women want, and after reading the dismal book, I can only conclude it isn't great literature.

What *50 Shades* offers its readers is hot sex — lots and lots of it — with descriptions of the drapes, and the wine, and the clothes in between. And the first clue that the book



will also titillate the reader with its descriptions of style is the grey silk (read: powerful, fashion-forward) men's tie on the cover. Our hero, Christian Grey, is a wildly successful and powerful billionaire, of course. The global headquarters of Mr. Grey's empire are described as "all curved glass and steel, an architect's utilitarian fantasy, with 'GREY HOUSE' written discreetly in steel over the glass front doors."

Inside, in a vast lobby of "glass, steel and white sandstone," our heroine is greeted

by an immaculate blond "in the sharpest charcoal suit jacket and white shirt that (she) has ever seen," and seated in front of a floor-to-ceiling view of the Seattle skyline in an area filled with white leather chairs. The first time she lays eyes on Mr. Grey, he is described as "tall, dressed in a fine grey suit, white shirt and black tie with unruly dark copper-coloured hair and intense, bright grey eyes." Yes, there are a lot of grey things in this book.

In the plush comfort of his black Audi SUV (one of a per-



Women just can't get enough of E.L. James' new novel. TORSTAR NEWS SERVICE

sonal fleet of Audis), Mr. Grey blasts the Flower Duet by Delibes from the opera Lakme and Pachelbel's Canon. "My taste is eclectic," notes Grey, "everything from Thomas Tallis to the Kings of Leon."

Playing the full Pygmalion, the cultured Grey introduces our young heroine to oysters, the mysterious pleasures of both piloting a glider and flogging with a leather whip that sounds like it was designed by Ralph Lauren. They drink Pouilly Fume and pink Bollinger Grande Annee Rose 1999. And

he presents her with a first edition of Thomas Hardy's *Tess of the D'urbervilles*, another Audi, and, weirdly, a BlackBerry (apparently this was written before the crash of RIM and the arrival of the iPhone 4) as gifts.

Along with actual porn, E.L. James has served up a mighty helping of what is typically referred to in the magazine biz as "lifestyle porn."

No wonder the heroine even considers being Grey's submissive. She's been swept off her feet by a stylized tsunami of aspiration.

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SCENE

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Toni Morrison, on coming Home

New novel. Morrison's latest tells the story of a traumatized Korean War veteran who returns home to America in the 1950s

The Hudson River extends like the sun from the back of Toni Morrison's house, illuminated and infinite, undimmed by an unseasonably drab spring afternoon.

"It's interesting and soothing, and it changes constantly," she says from the comfort of a white armchair in her living room. "And at night, with the stars and the moon ..."

It's Saturday and the 81-year-old Morrison is in a relaxed, informal mood, wearing a grey blouse and slacks and dark slippers, a purple bandanna tied over her grey cornrow braids, her laugh easy and husky with a pinch of "Can-you-believe-this?"

You might mistake her for an ordinary neighbour ready for gardening until you see the pictures of her with James Baldwin, Gabriel Garcia Marquez and Elie Wiesel among others, or learn that the low wooden table by her chair was a prop from the film version of *Beloved*, her Pulitzer Prize-winning novel. Morrison does not need to worry about recognition in her lifetime. Nobel judges have honoured her, and so has Oprah Winfrey, whose book club picks have helped Morrison's novels sell millions. Two presi-

dential contenders, Barack Obama and Hillary Clinton, sought her support in 2008 and Obama will soon present her with a Presidential Medal of Freedom, the country's highest civilian honour. Her play *Desdemona*, a collaboration with director Peter Sellars and the Malian singer-songwriter Rokia Traore, will be staged in London during the Summer Olympics.

The legend gets the glory; the real person works. Morrison has a new novel out, *Home*, a brief, poetic story of Frank Money, a traumatized Korean War veteran who returns to the States in the 1950s. Morrison has long used fiction as a private and alternative history, whether the Civil War (*Beloved*), the 1920s (*Jazz*) or colonial times (*A Mercy*). With *Home*, she wanted to add some truth — about war, about racism — to the standard '50s narrative.

Like *Beloved*, *Song of Solomon* and other Morrison novels, the book is a journey and a reckoning. Using bus money given to him by a pastor, Money travels from the Pacific Northwest to Chicago to his dreaded hometown, Lotus, Ga., "the worst place in the world," where nobody "knew anything or

On the back burner

For her next novel, Morrison wants to write about a black intellectual, a shift from the uneducated characters who usually appear in her work.

- **Staying grounded.** "When I'm not thinking about a novel, or not actually writing it, it's not very good; the 21st century is not a very nice place. I need it (writing) to just stay steady emotionally," she says.

wanted to learn anything."

Warned from the start that the North is no less racist than the South, he encounters violence and segregation and the lawlessness of police. Once in Georgia, he is almost relieved. At least the pace is "human," Money observes, there was "time to instruct one another, pray for one another, and chastise children in the pews of a hundred churches."

Morrison, a native of Lorain, Ohio, never lived in Georgia. But for *Home*, she drew upon stories from her father, a native of Cartersville, Ga., and from her memories of the South



Toni Morrison THE ASSOCIATED PRESS

Quoted

"I was really trying to take off that scab, or that veil, or whatever it is, off the '50s. We're told that it was good times — post-war, GI Bill, people had jobs and the television was full of happy stories and so on, and that's it."

Author Toni Morrison, on her new book, *Home*

when she was an undergraduate at Howard University in Washington, D.C. She was on tour with fellow theatre students in the early '50s and was moved by how blacks took care of her and each other, a bond dramatized in *Home* and many of her works. She knew what to

expect from the whites in the South, but the revelation was how "lovely and generous and capable" the blacks were.

"If we arrived at a town where the faculty had made arrangements to spend the night and either the place we thought was nice, wasn't, or they didn't want the students to stay there, one of them would go into a phone booth. They would check the Yellow Pages for a black church and then call up a minister and say, 'We're from Howard University and we're a little chagrined because we don't have a place to stay,'" Morrison says. "And the pastor would say, 'Call me back in 10 minutes.' And in 10 or 15 minutes, he had rounded up his parishioners to take us in. We would go into these

houses. And the women, they just fed us, took care of us, put us on these sweet-smelling sheets and cooked, and wouldn't take any money. We had to slip money under their pillows..."

As she gets older, Morrison says, the world becomes more interesting and more distressing. She is appalled at some of the remarks about Obama and the speculation that he was not an American citizen. But nature, and its mysteries, she responds to more than ever — the water, mountains, her garden.

She watches *Planet Earth* on the Discovery Channel and marvels how it took "millions of years" for humans to evolve from "that thingy down there at the bottom of the sea."

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SCENE

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Tuesday, May 8, 2012

Stranger than truth

New novel.

Writer John Irving, whose book *In One Person* is out this week, says he is perplexed by today's obsession with 'reality'

Quoted

"It wasn't hard to put myself in a bisexual frame of mind. I grew up in the '50s and the '60s. And there was certainly a time in my pre-pubescent and early pubescent life when I desired just about everyone..."

Author John Irving, talking about writing his latest novel, *In One Person*

John Irving says today's reality-obsessed culture has affected the way many readers approach fiction and prompted a barrage of questions about whether the famed author's novels are based on his own life.

"We live in a time when people think that reality is more interesting than what can be made up," said the acclaimed 70-year-old writer, whose 13th novel, *In One Person*, is out this week.

"Well, I've never felt that way."

In *One Person* tells the story of Billy Abbott, a sexually conflicted writer who begins life in a small Vermont town and ultimately navigates his way through the darkest days of the AIDS crisis in New York City.

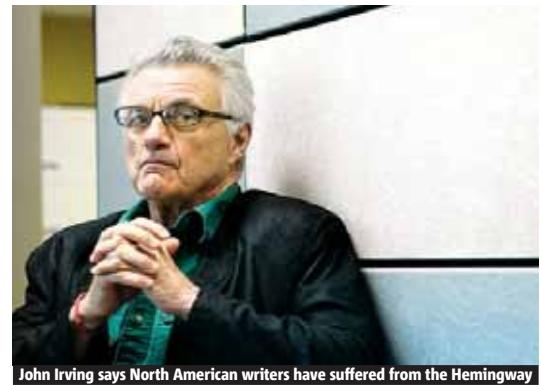
The subject matter, Irving says, prompted one U.K. publication to pursue a story on whether the author himself is bisexual (the piece was ultimately dropped).

Such preoccupations are baffling to Irving, whose celebrated works include *The World According to Garp* and *The Cider House Rules*.

"I published my first novel (*Setting Free the Bears*) in the late 1960s. Through the 1980s, which would include *A Prayer for Owen Meany*, which was published in '89 ... almost no one asked me an autobiographical question."

"No one said: 'Is this your father? Is this your mother? Is this your sister? Is this you?' No one asked

people is ... they don't read as much fiction as they used to. They're not as consistently reading novels as people were 10 or 25 years ago and so they don't know how to talk about novels so much. They can't imagine a way to imagine a novel without thinking that it must have some personal connection to you."



John Irving says North American writers have suffered from the Hemingway dictum 'write about what you know.' AARON VINCENT ELKAIM/THE CANADIAN PRESS

me," he said.

"Now, it's the first thing

you're asked ... I think what's happened to many

Messing with marriage: Debra on divorce

Debra Messing is opening up for the first time about her divorce from husband of 20 years Daniel Zelman, admitting that "til death do us part" might be asking a bit much these days.

"I think the institution of marriage is a noble thing. I think the idea of a partner for life is incredibly romantic," Messing tells Ladies Home Journal.

"But now we're living to 100. A hundred years ago people were dying at age 37. 'Til death do us part' was a much different deal."

Messing is reportedly dating her Smash co-star Will Chase, with rumours circulating that their relationship had something to do with the divorce.

Jessica making caftans cool

While she was pregnant with daughter Maxwell, Jessica Simpson admitted she'd had a dream about giving birth in a leopard-print caftan.

So, did her dream prove prophetic? Not quite, as it turns out. A source close to Simpson says that the dream spurred her to search for the item in real life, though while "she did find one online, it wasn't quite leopard but it was a gorgeous pattern," according to Hollyscoop.

"Sadly, I don't think they allowed her to give birth in it," the source adds. "She was wearing another pretty caftan today, though."

Simpson may have found a new signature look.



Jessica Simpson



Debra Messing ALL PHOTOS GETTY IMAGES

Bynes isn't off the hook quite yet



Amanda Bynes

While no further trouble seems to be coming Amanda Bynes' way from her recent hit-and-run incident, the same can't be said of her arrest for drinking under the influence last month.

In fact, formal charges are reportedly pending for

the former Nickelodeon star, according to Radar Online.

"Amanda Bynes refused to take a breathalyzer test or blood test which is required under California law when someone is arrested for a DUI," a source says.

Twitter



@AlbertBrooks

Breaking News: Romney will choose The Avengers as his running mate.



@SteveMartinToGo

I shot an arrow into the air, where it landed, I know not. gulp.



@SethMacFarlane

Okay Hindus, trim it down to about 5 gods and I swear I'll learn their names.



@jimmykimmel

Is anyone else obsessed with charging handheld devices or is it just me?

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

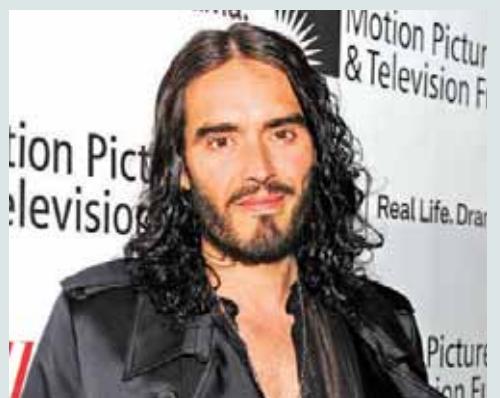
Huckle Russell Brand at your own risk

MONICA WEYMOUTH
scene@metronews.ca

Russell Brand was likely expecting some heckling at his stand-up show Saturday night. It was, after all, Cinco de Mayo in Atlantic City, where tequila is always the breakfast beverage of choice.

But when one audience member wouldn't stop shouting "Katy Perry," the comedian left the stage to defend his ex-wife's honour — or, more accurately, summon the powers of his British accent to methodically, expertly shame a drunk Jersey guy.

"Let's see how your mental illness looks in the daylight," Brand said, re-



questing that the house lights be turned on. After asking the audience to out the heckler, Brand wasn't pleased with what he discovered:

"You look like something that's fallen off the side of a church. And what is it that you have rattling around in

your mind? Some bizarre combination of alcohol and idiocy. Some cocktail of nothing."

Excuse us — "cocktail of nothing"? That, Russell, would be a Red Bull and Vodka, the patron drink of obnoxious Americans everywhere. Show a little respect.



MAY 15, 2012

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Your health

Zinc may help zap a pesky cold

Researchers have determined that using zinc lozenges may shorten the duration of common colds in adults — but only by about two days. An analysis of patient trials comparing oral zinc preparations to placebo found that adults appeared to benefit from sucking on zinc lozenges.

But lead author Dr. Michelle Science of Toronto's Hospital for Sick Children says the researchers did not find that children were helped by taking zinc.

Science says that may be because most children in the studies were getting the zinc in a syrup and at a lower dose.

THE CANADIAN PRESS

On the Web



Americans are still getting fatter: forecast predicts jump in severe obesity over next 20 years

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WELLNESS



Medical clowns Nimrod Eisenberg, right, and Jerome Arous at Royal Victoria Hospital in Montreal. STEPHANIE FORSTER/THE CANADIAN PRESS

Sending in the clowns

Clowning therapy.

Professional medical clown brings cheer to couples with fertility problems, and says it can improve their success rate

Clowning around

"The art of clowning, of improvisation and acting on the spot ... I believe it can make a huge difference in therapy and treatment, both of children and of adults."

Nimrod Eisenberg, medical clown

a midwife.

But the fates had other plans for him. That pull of destiny, or perhaps of heredity, brought Eisenberg closer to his parents, albeit in his own unique way.

Eisenberg is now a professional "medical clown" — a red-nosed bringer of cheer to couples with fertility problems.

"I was the one who ran

away from the family destiny, who did not want to go work in a hospital," he said. "Eventually, in a twist of fate, I'm immersed in hospitals, doctors and nurses."

Medical clowning is part of a broader Israeli project Eisenberg joined 10 years ago called Dream Doctors, which brings "clowning therapy" to hospitals.

It's based on the idea

that the presence of clowns during medical treatment can help improve patients' success rate.

He and his partner-in-clown, Jerome Arous, arrived in big floppy shoes and bright red noses at the Royal Victoria Hospital's fertility wing in Montreal on Thursday, hoping to bring some levity to patients undergoing in-vitro fertilization treatments.

The head of the fertility centre is thus far withholding judgment. There has been an Israeli study showing some benefit to the practice, but Dr. Hananel Holzer says he has yet to see a large enough study that confirms any medical

impact from clowns.

"Is it really true? I am not convinced. Not yet," Holzer said. "Of course we are all skeptical when we hear this."

"But the main objective is to make patients feel better, to see a smile on their face."

The mood in the waiting room did become noticeably lighter Thursday as Eisenberg cradled and rocked a teapot under his arm — which he called his "clown baby" — and joked with patients and nurses.

He even dropped to one knee to dramatically serenade one woman, who laughed in delight.

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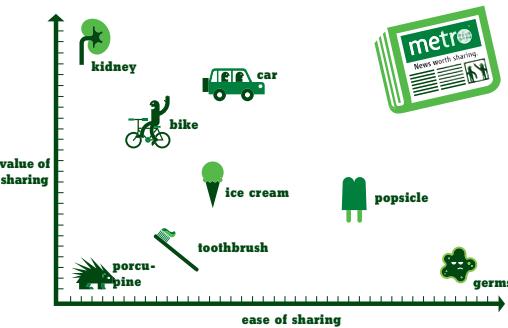
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mobilicity



Go gaga over slices served up at this grab-and-go pizza joint



Calzone (\$7.99). DAN CLAPSON



LUNCH RUSH
Dan Clapson
life@metronews.ca

I am glad to announce that this city finally has a quality grab-and-go pizza joint.

GAGA Pizzeria opened up a few months ago on the corner of 12th Ave. S.W. and 12th St. S.W. and is dishing out some great Italian-style pizza as well as sandwiches and sweets, all at a great price.

Sadly, I was dateless this lunch hour and wouldn't be

able to tote any leftover pizza with me that day, so I went for the Calzone (\$7.99).

It was filled with capicola ham, sausage, olives, mushrooms and cheese (of course).

The sweet tomato sauce was true to Italy — simple and fresh. The dough was golden

and crispy, yet soft on the inside — as it should be! Probably the best calzone I've ever had.

The only disappointment I experienced with this lunch outing was that, contrary to its name, this pizzeria is not owned by Lady Gaga...

Visiting the restaurant

GAGA Pizzeria

Address. 1236 12th Ave. S.W.

Phone. 403-264-2421

Rating. 4.5/5

Price range. \$7.99 - \$16

Reservations. No

Licensed. No

Co-worker lunch. Yes

Social lunch. Yes

Business lunch. No

Quick solo lunch. Yes

(PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

Ingredients

- 1 tbsp (15 mL) olive or almond oil
- 2 tsp (10 mL) chili powder
- 1 tsp (5 mL) curry powder
- 1 tsp (5 mL) garlic powder
- 2 cups (500 mL) toasted whole natural almonds
- 1/2 tsp (2 mL) hot pepper sauce
- 1 tsp (5 mL) cayenne pepper



1. In a skillet combine oil, chili powder, curry powder and garlic powder over medium heat. Cook, stirring until hot and bubbly.

2. Stir in almonds, tossing for about 3 minutes or until almonds are evenly coated and heated through. Remove from heat and cool slightly. Stir in pepper sauce and cayenne.

3. Let cool completely before serving.

NEWS CANADA/ ALMOND BOARD OF CALIFORNIA/ ADAPTED BY EMILY RICHARDS

Anchovy-oil pizza 101: Keep it simple



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

If anchovies gross you out, know this — compared to what people ate before there were anchovies, they're practically like cake and ice cream.

Until around the 16th century, there were no anchovies as we know them today: small silvery fish that are boned, salt-cured and packed in oil.

Instead, there was garum — the juice of salted and fermented fish guts. Garum lost favour about 500 years ago when people learned how to make anchovies.

Anchovies, however, are not a singular fish. Most cuisines around the world have their own "anchovy," most of which tend to be variants of one variety of fish, a relative of the herring.

But given the potential 'ick' factor, why eat them? Simple — they are flavour

bombs that lend serious pizzazz to whatever they are added to. And the good news is that the flavour they impart isn't even a bit fishy.

Here's why. After months of salt curing, the dominant flavours in anchovies are from enzymes and good bacteria, not the flesh itself (of which there is little). The result is an intense blend of fatty, salty, savory, meaty, even a bit cheesy.

Even better, when you cook anchovies they dissolve, leaving behind a massive savoury flavour but no evidence that any fish were harmed in the making.

Anchovies are widely used in the cuisines of Spain, Portugal, Italy and France. In

Turkey they are so prized they have inspired volumes of poetry, even folk dances. That is some serious anchovy love.

This recipe keeps the pizza simple in order to let the anchovy oil really shine. But if you prefer a heavy-duty pizza, by all means pile on the toppings.

Don't want to make your own flatbread? Use the same anchovy oil and toppings on a ball of pizza dough.

1. Heat oven to 500 F. Spray 2 baking sheets with olive oil cooking spray.

2. In food processor, combine flour and salt, then pulse to combine. With processor running, add 1 tbsp of olive oil, then slowly drizzle in the water until the dough forms a tacky (but not wet) ball. If the dough is too dry, add water 1 teaspoon at a time and pulse until it holds together easily when squeezed.

3. Transfer dough to lightly floured counter. Divide dough into 4 equal pieces. Using a floured rolling pin, roll each piece to the size of a large dinner plate. Place 2 flatbreads on each baking sheet and set aside.

4. In a small bowl, combine the remaining 2 tablespoons

of olive oil, the anchovies, garlic and red pepper flakes. Mash with a fork until chunky smooth.

5. Use a pastry brush to coat each flatbread with the anchovy-oil paste, then top each with a quarter each of

the spinach and mushrooms.

6. Finish each pizza with 1/2 cup of cheese. Bake for 10 minutes, or until lightly browned at the edges and the cheese is melted.

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Keep that credit intact while co-signing a loan for your children

The parent trap.

'Dad, can you just sign here?' Know the consequences before you become responsible for your children's debts



YOUR MONEY
Alison Griffiths
money@metronews.ca

Spring is a time of optimism as students graduate and venture out into the world of work.

It's also the season when young'uns may need cars, clothes, travel funds and furniture as they spread their adult wings. And to acquire all that stuff, they often need a co-signer because they can't yet qualify for loans on their own.

Here are seven things to keep in mind if you are asked to guarantee a loan.

Alison's money rule

"Co-signing a loan is exactly the same as lending cash out of your pocket."

1. Lenders consider co-signers joint borrowers who are equally responsible for the amount owing.

2. The loan will likely appear on your credit report and may adversely affect your credit score, especially if payments aren't made on time. Debt collectors could pursue you if the loan is in arrears.

3. Since co-signers are legally responsible for the loan, monitor it closely. Happily, if you co-sign with a federally regulated financial institution, you are entitled to receive the same information as the person who takes out the loan.

4. Before you become a co-signer consider the worst-case scenario. Can you afford the loss? Even if there is an asset involved, like a car, it may be worth less than the amount owing.

5. Aside from the money what would it do to your relationship with the primary borrower if there were problems with the loan? Co-signing is the same as lending money and should be treated as such.

6. If you are co-signing for a family member other than

Joint borrowing

- **Do your homework.** Visit the Financial Consumer Agency of Canada at fcac-acfc.gc.ca. Click on 'Resources' and go to publications. There you'll find a useful tip sheet called "Know your responsibilities as a joint borrower."

your child or for a child who has been away from home for some time, ask for a credit report. This can create tension, but if they have trouble paying off debts, how is that going to be different with you as a co-signer?

7. When the loan has been repaid, get a statement from the lender that the debt has been discharged and check your credit report to ensure it is noted.

Most experts will advise against co-signing, but we as parents always want to help our kids. Still, make sure you are aware of the consequences when you are responsible for someone else's debt.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM



Most experts advise against co-signing for loans, but parents often want to help out their children. ISTOCK IMAGES

Your mortgage



Are you financially ready to be a home owner? iSTOCK IMAGES

Try to avoid hefty break fees



FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
@Lesliescorgie on Twitter

Since selling my house and discovering my mortgage prepayment penalty would be a whopping \$5,000, I've been hunting for ways to reduce the break fee.

The best idea is to avoid the fees in the first place by knowing the ins-and-outs of the mortgage before you sign the papers.

When you sign a mortgage, you are committing to a multi-year legal contract to re-pay money (with interest) in exchange for receiving an immediate benefit — the money with which to buy a house.

From a legal standpoint, the person who is wanting out of a mortgage is breaking a contract and has to pay up.

Know your pre-payment penalty and ensure you have the flexibility to make lump sum or double up payments on the mortgage.

If you're like me and have already sold your property, prepay the mortgage up to the allowable limit.

Typically a borrower can pay a lump sum on the mortgage each year between 10 and 20 per cent of the original value of the mortgage. You can do this through online banking or ask your lawyer to have the bank apply the allowable lump sum to the principle balance when the old mortgage is being paid out.

The penalty is then applied only to the remaining balance of the mortgage, which could reduce the fee by thousands of dollars.

Using RBC's mortgage pre-payment calculator, I know that by paying an extra 10 per cent in principle on my mortgage balance, I can save \$600 in break fees.

Coming up with the funds to pre-pay a mortgage can be a challenge. Some turn to their home-equity line of credit, which doesn't have a prepayment fee.

Others take out a traditional loan or borrow from a friend. If you're going to pre-pay, ensure the benefits of the pre-payment (i.e. the savings on the penalty)

Breaking it down

"When you sign a mortgage, you are committing to a multi-year legal contract to re-pay money (with interest) in exchange for receiving an immediate benefit — the money with which to buy a house. From a legal standpoint, the person who is wanting out of a mortgage is breaking a contract and has to pay up. Know your pre-payment penalty and ensure you have the flexibility to make lump sum or double up payments on the mortgage."

are greater than the costs of borrowing funds.

Alternatively, negotiate with your existing lender to reduce or eliminate the fee in exchange for keeping your mortgage business with them.

Overall, if the fee is too great, don't break your mortgage!

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metro

HOME RENOS

Tuesday, May 8, 2012



Projects like painting, remodelling your kitchen, adding a second bathroom or finishing the basement and attic are renovations you can do yourself. RON CHAPPLER STUDIOS/THINKSTOCK

Your renovation financing options

Planning. You should have a good idea of budget, labour and material costs

YLVIA
VAN BUUREN
For Metro

Have you bought an old property and need to fix it up? Had kids ... and need another room? Or just want to add a second bathroom?

Geoff Dillon, senior director of retail and business

banking for CIBC, says in planning a home renovation, you should have a good idea of budget, labour and material costs, and if you need to finance the renovations, the specific time period to repay it.

Here are financing options.

- Cash on hand. If you are looking at a renovation that will cost \$10,000 or less, you may have cash put away for that. But don't deplete all of the money you have saved — just in case, says Dillon.

- Credit card. You could put materials, etc., for smaller

Marketable home renos

These projects may add value to your home:

- Remodel the kitchen
- Add a second bathroom

- Finish the basement or the attic
- Replace old windows or doors
- Create a home office space

renovations on credit but be careful not to carry the balance for too long. Interest rates can be very high.

- Line of credit. A line of credit provides the most flexibility in that you only borrow what you need, when

you need it. "These projects can take months," says Dave Stafford, managing director, real estate secured lending, Scotiabank, "and you draw only the funds you need — and pay interest on the actual costs you incur."

There are two kinds:

- Secured line of credit (secured against real estate). If you have equity in your home, this is probably the best financing option, says Stafford. And the interest rate is lower than most personal loans and credit cards.
- Unsecured line of credit. Approval is based on your overall credit history, income, the amount of money you are looking to borrow and the amount of money you have already borrowed. The interest rates would be higher on this line of credit because it is unsecured.

- Mortgage refinancing. Refinancing your existing mortgage lets you spread repayment over a long period at mortgage interest rates. Because it's fixed, you have to know upfront what you want to borrow. Also, there are rules around how much you can refinance. For example, Canada Mortgage and Housing Corporation caps refinancing at 85 per cent of the home's value, says Stafford.
- Personal loan. One benefit of a personal loan, says Dillon, is the clear payoff time frame. A five-year loan would be paid back in five years.



Renovations to your bathroom can be eco-friendly. COMSTOCK/THINKSTOCK

Eco-friendly. Feel better about your home

An eco-friendly renovation is a well-planned project that is in response to your needs — and no more, says Francois Fortin, technical and sustainable construction services, RONA. Environmentally friendly materials are used whenever possible, says Fortin. And the renovation improves energy efficiency and reduces demand for water overall.

"While it is about saving money," says Chris Higgins, homes expert with the Canada Green Building Council in Vancouver, "it's also something you can feel better about."

Here are 12 eco-friendly choices:

- 1 Source building products locally to cut down on transportation miles.
- 2 Look for recycled materials. For example, Win-

nipeg's Anplex makes flooring and countertops out of crushed porcelain from toilets.

3 For healthy flooring, always choose a hard material such as hardwood, linoleum and vinyl tile instead of installed carpeting. "Statistics show that at the end of its life, 30 to 40 per cent of the weight of carpet can be dirt," says Higgins.

4 Look for FSC (Forestry Stewardship Certification) certification on wood products. FSC means trees were harvested in a responsible manner.

5 Use low VOC (volatile organic compound) paint and floor finishes.

6 Choose Energy Star rated products such as appliances and windows. The designation identifies

energy efficient products. (An old fridge can use 15 per cent of electricity consumed in a house that's heated by gas.)

7 If you are removing drywall, etc., improve insulation. "Insulating your attic is like wearing a toque in the winter time," says Shaun Loney, executive director of BUILD, a non-profit contractor in Winnipeg specializing in energy and water efficient retrofits. Insulating the basement is like wearing pants. Payback will be about three years.

8 Upgrade the gas furnace. Up to about 50 per cent of available energy is wasted in an old furnace, says Loney. "A high-efficiency natural gas furnace is about 95 per cent efficient."

9 Use a 1.5 gallon/six litre per minute aerated shower head — it's inexpensive (about \$20), cuts water consumption in half, and saves energy because it's hot water, says Loney.

10 Install a six-litre high-efficiency flush toilet. (Visit map-testing.com for flushing performance scores.)

11 Switch to compact fluorescent light bulbs and LED lights, which cost pennies a day to operate and don't throw off heat like the old-style light bulbs.

12 Buy a front load clothes washer — it puts water through clothes rather than clothes through water in the top loader. Plus, clothes come out dryer so you use less of everything.

YLVIA VAN BUUREN

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All's unfair in love and war



TWO SISTERS
Andrea and Claire
Life@metronews.ca

Dear sisters, I have fallen for a great girl — the problem

is she used to date my best friend, and although it's been years, I know she meant a lot to him. And it doesn't help that I was the guy he confided in while they were breaking up. She asked me out many times, and I avoided her out of respect for him, but I finally gave in and we really like each other. I asked him if he

would mind if we went for drinks and he told me that if I did, it would be impossible for us to remain friends. Seriously? BFF.

Claire: Dear BFF,

The saying 'All's fair in love and war' is ... total BS. It's all unfair — on both sides. He has good reason to be upset,

and you have good reason to expect him to be less upright after so many years.

I won't tell you it's a choice between your friend and the girl, because I think you might be able to have both ... eventually. But give your friend time, reach out to him regularly, and don't be shocked if you hear he made a voodoo doll in your image.

Strangely enough, your friendship has a better chance of surviving this if you and this girl become a long-term couple — that would show that you didn't take this risk for some fling. So good luck, on both fronts.

Andrea: Dear BFF,

You've probably heard of the "guy code" and thought that in this case, it no longer applied. But if this is your friend's reaction, it still does.

The choice you have to make is whether this girl is worth losing your friendship

over or not. In my humble (and correct) opinion, it usually isn't. It doesn't mean you can never date her, but putting your relationship with your buddy first will allow him to see that your intentions are genuine, and that family ('brother from another mother' included) comes first.

He'll be more open to starting a conversation about boundaries versus jumping immediately to the defensive. Jumping into bed with her despite his wishes will only result in seriously complicated BBQs.



Jersey Shore BFFs Vinny, left, and Pauly D, definitely respect the 'guy code.' GETTY IMAGES

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CHARLES THE BUTLER
askcharles@metronews.ca
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Hi Charles,
I volunteered to help organize my friend's wedding. I'm pretty close with the bride and she expects me not to get them a gift. She is expecting to pay for my banquet meal and unexpected meals (i.e. paid meals for meetings). What should I do when they don't expect a gift from me? It seems a bit rude to not get them a gift.
Signed,
To Gift or Not?

Dear To Gift or Not,
Your friend seems very lucky to have you! It sounds like the bride is trying to make sure you don't feel taken advantage of, based on all of the hard work you are doing to help her have the wedding of her dreams (more brides need to pay attention to this fact!).
So firstly, since you are both her friend and attending the wedding, I think it is very appropriate for you to purchase

metro
News worth sharing.

something small for her to mark this important occasion.

Now the question is what to get, and how much to spend? If you were only attending the wedding as a guest, how much would you have spent? This could be a good starting point for you.

Have you thought of perhaps just an amazing picture of the two of you planning the wedding in a beautiful frame, a card with a prepaid dinner coupon for the bride and her new husband to enjoy or being part of a group present rather than getting something all by yourself? But also doing something that is meaningful and personal such as acting as the wedding planner can be just as important as a gift, so don't feel obligated.

Remember some golden rules:

- 1) Don't ever spend more than you can afford.
- 2) Don't be extravagant — it may only make the recipient uncomfortable.
- 3) Doing all of the planning and organizing is a big job and can be a gift in itself.

I hope this helps, and have fun planning!

NHL

GM Gillis keeps job with Canucks

Mike Gillis will continue to call the shots for the Vancouver Canucks.

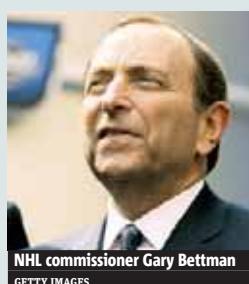
The club agreed to a contract extension on Monday with Gillis, who has served as the team's president and general manager for four seasons. **THE CANADIAN PRESS**

NHL

NHL finds owner for Phoenix Coyotes

The Phoenix Coyotes' ownership woes have apparently come to an end.

NHL commissioner Gary Bettman announced the league struck a tentative deal with a new ownership group led by Greg Jamison. **THE ASSOCIATED PRESS**



NHL commissioner Gary Bettman
GETTY IMAGES

MLB

Giants' Mota gets 100-game ban

San Francisco Giants reliever Guillermo Mota was suspended for 100 games on Monday for a positive drug test. The commissioner's office said the right-hander tested positive for Clenbuterol.

THE ASSOCIATED PRESS

NBA

"I feel surprisingly great."



Ray Allen, Boston's 36-year-old shooting guard, Allen, along with Celtics teammates Paul Pierce, 34, and Kevin Garnett, 36, all appear to have some life in their old bones. The Big Three (plus Rajon Rondo) have led the Celtics to a 3-1 lead over the Hawks. Game 5 is Tuesday night in Atlanta.



SPORTS

NHL playoffs

Flyers' Giroux banned for Game 5

Claude Giroux has to watch Philadelphia's attempt at saving its post-season from the sidelines. He can only hope he hasn't played his last game of the season with the Flyers.

Giroux was suspended by the NHL on Monday for his illegal check to the head on New Jersey centre Dainius Zubrus in Game 4 of the Eastern Conference semifinals.

Giroux said in a statement that he "respects the decision and wants to move on."

THE ASSOCIATED PRESS

On the web



New York Knick Amare Stoudemire's choice to punch a fire extinguisher after a playoff loss to the Miami Heat last week was ill-advised, to say the least. But he's hardly the first athlete to take out frustration on an inanimate object and sports psychologist Jack Watson says such outbursts can be linked to how athletes are hard-wired. Scan the code for the story.

Rangers wait till waning moments to crush Capitals

NHL. New York ties it in final seconds before winning Game 5 in OT

Marc Staal scored a power-play goal 1:35 into overtime after Brad Richards tied it in the dying seconds of regulation to lift the New York Rangers to a stunning 3-2 victory over the Washington Capitals in Game 5 of the Eastern Conference semifinals Monday night.

With goalie Henrik Lundqvist pulled for an extra attacker, Washington's Joel Ward took a four-minute penalty for high-sticking Carl Hagelin with 21.3 seconds left in the third period. Richards tied it on the first half of the power play with just 7.6 seconds to go, and Staal won it with a drive that appeared to deflect off a Washington player before beating Braden Holtby.

The Rangers can advance to the Eastern Conference finals on Wednesday in Washington.

With the crowd still buzzing over the shocking tying goal, a din that held up through the long intermission, John Mitchell won a faceoff in the Capitals' end to start the winning play. Staal corralled the puck at the right point, glided to the centre of the zone, and fired the drive that set off a wild celebration at Madison Square Garden.

The Rangers mobbed each other at centre ice as the crushed Capitals trudged toward the tunnel to their dressing room.



By the numbers

0-5

The Capitals, 0-5 in the playoffs when their opponent scores first, were fortunate to even be in position to win as they were outshot 38-18 overall by the Rangers.

ing room and then raised their sticks to the crowd as red, white and blue streamers cascaded down from the rooftop.

The celebration, which culminated in fireworks as the three stars were announced to the crowd, seemed almost inevitable after Richards tied it.

After no success with traditional 5-on-4 power plays, the Rangers made the most of their 6-on-4 edge as Lundqvist watched from the bench.

Michael Del Zotto took a shot that hit traffic in front to the right of Holtby. Ryan Callahan took two or three hard whacks at the loose puck, but couldn't get it forward. Richards jammed his stick into the maze of legs and poked the puck past Holtby just before he was able to cover it with his glove.

THE ASSOCIATED PRESS



Washington's Matt Hendricks falls to his knees as the Rangers celebrate after Marc Staal's winning goal in overtime.
BRUCE BENNETT/GETTY IMAGES

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Crossword

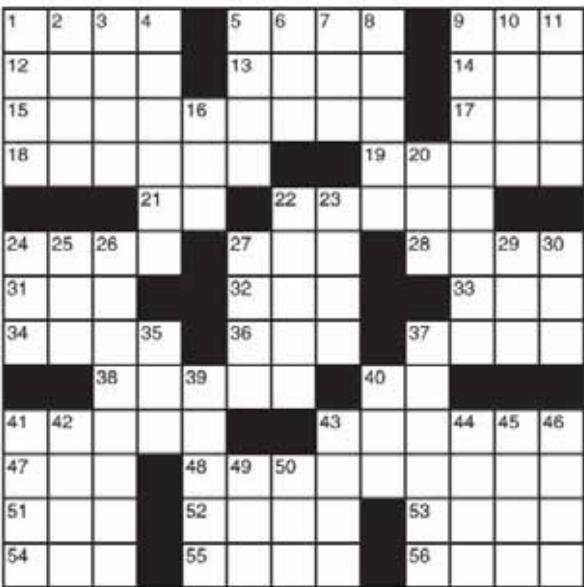
Across

1 Old man
5 On
9 Omega preceder
12 Grand-scale tale
13 Aching
14 A long time
15 Tyro
17 Arctic bird
18 Australian city
19 Mad
21 Gridiron score (Abbr.)
22 It's mostly discretion
24 Alger's "before"
27 Proscription
28 Cried
31 Melody
32 Choose
33 Geologic time
34 Escape
36 Conk out
37 Yuletide mood enhancer
38 Stick in the mud
40 Little — -Peep
41 Huge home
43 Body of work
47 Sphere
48 Cash
51 Meadow
52 Stench
53 Peer acceptability, for short
54 Hudson co-star

55 Existed
56 "CSI" actor George

Down

1 Cribbage props
2 Nashville entertainment
3 Multicolored
4 Perfumery output
5 Wan
6 As well
7 Bobby of hockey
8 Punishment-related
9 The Owl and the
Pussycat's boat color
10 Acerbic
11 Black
16 Simpsons' neighbor
Flanders
20 Promptly
22 Dull
23 Initial stake
24 U.K. fliers
25 Be unwell
26 Wisconsin city
27 Presage
29 Paid player
30 Observed, to Tweety
35 Type squares
37 Root
39 Downstairs
40 Plead
41 Shape
42 Vicinity



43 Fairy-tale baddie
44 Miles of movies
45 Sax player's need

46 Tackles' teammates
49 Keatsian opus
50 Postal creed word

Yesterday's Crossword



Cryptoquip

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

SB NPVXPIX KXCDUJXY VK.
Q X G K S Q P I R G X Y S U V P I Y .
FP W J P W D Y N U F R G U R G X
C D U F X Y S I D S X W P B D P W .
Yesterday's Cryptoquip: WHAT SONG MIGHT
SOMEBODY SING WHILE REMODELING
APARTMENT WALLS? "GOODBYE, OLD PAINT."
Today's Cryptoquip Clue: R equals T

How to play

MAX: 21°
MIN: 5°



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20.

Aim to make money and move up in the world.

Taurus | April 21 - May 21.

At some stage today you will come to the conclusion that some of the things you fear are nothing more than illusions conjured up by your overactive imagination.

Gemini | May 22 - June 20.

You've found it difficult to trust certain people in recent weeks, which has had a negative effect on relationships. Starting today your confidence in them will be restored.

Cancer | June 21 - July 22.

You know what you want but try not to be too pushy or impatient

because that could cause resentment among those who don't share your hunger to succeed.

Leo | July 23 - Aug. 22. Any plans you've had to put on hold in recent weeks can start moving forwards again now.

Virgo | Aug. 23 - Sept. 22.

Use your powers of persuasion wisely and you will get whatever it is you desire.

Libra | Sept. 23 - Oct. 22.

Make a point of talking to people today, even people you would usually go out of your way to avoid.

Pisces | Feb. 19 - March 20.

News you receive from afar will help you make sense of something that has been confusing you.

Scorpio | Oct. 23 - Nov. 21.

If someone tries to tell you to work harder today you must tell them to

mind their own business.

Sagittarius | Nov. 22 - Dec. 21.

Capricorn | Dec. 22 - Jan. 20.

If for any reason you are less than happy with what's taking place at home or at work you must speak up.

Aquarius | Jan. 21 - Feb. 18.

You will have a great idea today, but you would be wise to keep it to yourself.

Pisces | Feb. 19 - March 20.

News you receive from afar will help you make sense of something that has been confusing you.

Sally Brompton

Weather

TUESDAY

WEDNESDAY

THURSDAY



MAX: 21°
MIN: 5°



MAX: 15°
MIN: 8°



MAX: 7°
MIN: 2°

ANDREW SCHULTZ

WEATHER SPECIALIST

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".
WEEKDAYS 5:30 AM

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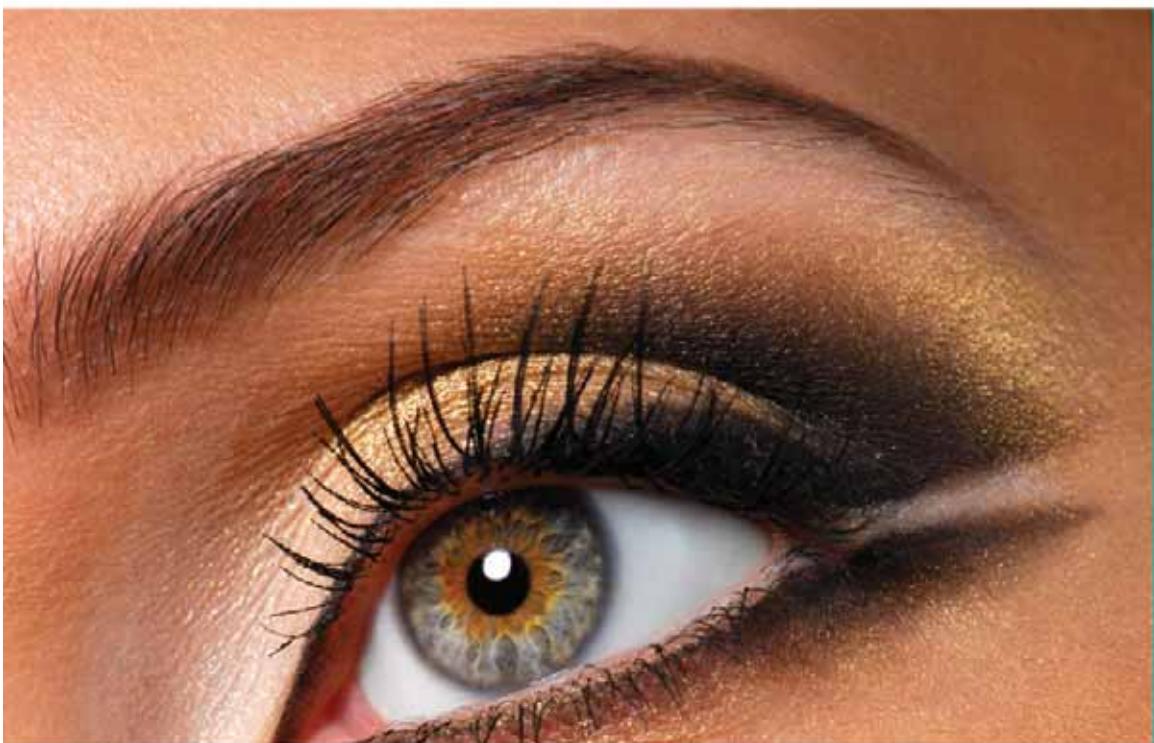
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top trainers

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